



## PRINCIPAL'S MESSAGE

### Annual General Meeting of School Council

This meeting will be held on Monday 4<sup>th</sup> May. It is a School Council meeting, but one that we invite all parents to attend. The school's Annual Report and the financial reports for 2014 shall be tabled. We hope to see you there, in the staff room to hear a little more about the schools performance during 2014, as well as learning about our School Review to be undertaken this year.

Please note that there has been a change in the dates classes will make their presentations at our assemblies:

Friday 1 <sup>st</sup> May - Group 4	Friday 29 <sup>th</sup> May - Group 2
Friday 8 <sup>th</sup> May - Group 10	Friday 5 <sup>th</sup> June - Group 11
Friday 15 <sup>th</sup> May - Group 1	Friday 12 <sup>th</sup> June - Group 5
Friday 22 <sup>nd</sup> May - Group 8	Friday 19 <sup>th</sup> June - Group 3

REMEMBER ALSO: **Assemblies start at 9.05am.** Hope to see you there.

**Be careful what you wish for as a parent!** by Michael Grose - Australia's No 1 parenting educator  
**The focus on success and achievement doesn't have to come at the expense of our children's empathy and wellbeing.**

*What would you wish for? A caring child or a successful child?*

*If pressed to choose, which would you prefer?*

*If you were like the parents of kids in a recent study you'd go for successful rather than caring.*

*In a fascinating Harvard study referred to in a recent Age article, 10,000 kids were asked whether achievement and success, rather than caring for others, were their parents' main priorities. The kids overwhelmingly said their parents opted for success rather than caring.*

*I suspect Australian kids would come up with a similar response if asked. In my work with parents and schools over nearly 40 years I've never seen the educational and parenting landscape so competitive as it is today. The standard belief of 'Everyone can get ahead and be successful' has been replaced by 'my child needs to get ahead and be successful.'*

*Parents rightfully will go to great lengths to make sure their kids don't get left behind, but now academic success increasingly means achieving at any cost. Even at the expense of a child's well-being, and in extreme cases, at the expense of other children's success.*

*This is very different from even a generation ago when caring and respect for others was drummed into kids. "Do the right thing by others"; "Respect your elders"; "Take good care of each other" were common mantras that many of today's parents grew up hearing. Now that these kids have become parents themselves they use achievement mantras rather than the empathetic statements they were raised on. "Always do your best"; "Think confident thoughts"; "Set your goals and work hard to achieve them" are typical of the comments that kids hear in today's more competitive environment.*

*Washington Post parenting writer Ashley Trexler argues that putting happiness and success before caring and empathy is raising a generation of bullies. She claims that parents unknowingly encourage bullying through their focus on success at all costs, as kids are being encouraged to pursue power at the expense of empathetic behaviour.*

*This is a controversial view based on the assumption that you can have either successful kids or caring kids. I believe you can have both. Parents and teachers can encourage kids to achieve, but also emphasise the importance of looking out for your mates, and taking care of others. Individual success doesn't have to come at the expense of well-being and the success of others. It **does** mean that we need to put caring for others firmly on our parenting agendas. Here are five ways to do this:*

#### **1. Develop a language for caring**

*Parents invariably develop a deep language around the things they value. If caring is important then you need to develop language for caring (look after your brother; do the right thing; do unto others) just as you have probably developed a language around success (persist, work hard, do your best).*

#### **2. Model caring behaviours**

*Parents need to model caring, relational behaviours if they want children to develop these behaviours. Positive displays of intimacy such as a kiss and a hug for every family member as they walk out the door each day is a great way to teach healthy caring behaviours. It's the small acts of kindness and caring that happen on a consistent basis that has the most lasting impact on kids*

### **3. Focus on co-operation rather than competition**

*It's easy to develop competition between kids. As a parent all you need to do is praise one child and criticise another and you've established the conditions for competition. It's far harder to develop cooperative behaviours, but it's worth the effort. Encourage kids to help each other; ask them to do jobs in pairs so they learn to work together; and teach older children to give way to younger children rather than always have their own way. Caring kids learn that not everything goes their way and that they need to compromise and give way to others in the name of being social and getting on.*

### **4. Encourage nurturing behaviours**

*In the past families were larger than today and they had a natural advantage in developing caring and empathy. Elder kids would invariably have to look out for, or look after younger siblings, often at the expense of their own interests. In an era of small families kids have fewer natural opportunities to look after each other. However parents can develop nurturance by encouraging children to look out for younger friends and relatives; to care for pets and also to be respectful of older relatives and friends.*

### **5. Pay attention to children's emotions**

*Now more than ever it's important for parents to be attentive to children's emotional lives, and also to develop an awareness of their own feelings and the feelings of others. Empathetic kids rarely use power and bullying to get their own way. Empathy always starts with an awareness of a child's own emotional state.*

*As parents we want our kids to grow up to be successful and achieve their full potential. It's the default position for most parents. But that doesn't have to come at the expense of caring for others. In these times of small families and a more competitive landscape parents need to work harder than ever to develop nurturance, caring and respect for others in kids*

## **Somers Camp**

Many of our past and present students have attended Somers Camp over a number of years. This camp is for Students in years 5 and 6, and we are able to take up some positions at this camp every second year.

Now the Somers Camp has made the following announcement:

### **Woorabinda at Yallourn North is a campus of Somers School Camp**

We are excited to announce that there will be an additional opportunity for school networks to participate in a high quality but low cost residential outdoor experience for primary students in **Years 4 & 5 - \$185.00 per student - includes transport and catering - 80 students per network - 4 or 5 staff per network - 5 day program - administered from "Woorabinda" - top value!**

The Woorabinda experience will complement the nine day Somers Campus program for Year 5 & 6 students which is currently offered to schools in alternate years.

For decades now the demand for the Somers Camp program has steadily increased with the need to provide more student places highly evident in the ratio between places allocated and students missing out. Until now we have been without the resources with which to implement change.

**However the addition of a campus at Woorabinda has expanded the possibilities significantly.**

**I believe we have been allocated places in September (Monday 7<sup>th</sup> - Friday 11<sup>th</sup>) so would appreciate early expressions of interest from families with students in Year 4 and 5.**

**Just respond in a quick note please**, so I have an idea of the numbers who are keen.

#### **Newsletters:**

**If you are still experiencing difficulty in opening the link we send you, my advice is to go directly to our website and you will find the newsletters (and lots of other interesting things) there. [www.reservoirps.vic.edu.au](http://www.reservoirps.vic.edu.au)**

*Helen Miller*

*Principal*

**Medical staff have alerted the community that there has been an increase in the number of cases of measles this year: so I think this information is timely:**

Measles is a contagious viral illness that causes a skin rash and fever. Serious and sometimes fatal complications include pneumonia and encephalitis (brain inflammation). Measles is also known as rubeola, not to be confused with rubella (German measles). Worldwide, measles is the fifth highest cause of illness and death in children.

Measles is rare in Australia because of the widespread use of the measles vaccine. It is important to continue immunising children in Australia, because there is a risk that the infection can be brought in by people arriving or returning from overseas.

### **Symptoms of measles**

The signs and symptoms of measles may include:

- fever
- general discomfort, illness or lack of wellbeing (malaise)
- runny nose
- dry cough
- sore and red eyes (conjunctivitis)
- red and bluish spots inside the mouth (Koplik's spots)
- red and blotchy skin rash that appears first on the face and hairline, and then spreads to the body.

### **Complications of measles**

Possible complications of measles include:

- otitis media – inflammation of the middle ear
- diarrhoea and vomiting – may cause further complications such as dehydration
- respiratory infections – such as bronchitis, croup or laryngitis
- pneumonia – a type of lung inflammation that causes about 60 per cent of measles deaths
- pregnancy problems – if a pregnant woman contracts measles, she risks miscarriage or premature labour
- encephalitis – or brain inflammation, affects about one person with measles in every 1000.
- subacute sclerosing panencephalitis (SSPE) – occurs in about one in every 100,000 cases of measles. SSPE is an extremely rare progressive inflammation of the brain that causes loss of personality and intellectual problems. SSPE usually begins about seven years after the measles infection.

### **Causes of measles**

Measles is most commonly spread when someone swallows or inhales the cough or sneeze droplets from an infected person. The measles viruses are carried inside mucus or saliva droplets and remain alive for several hours. Infection can also occur if someone touches contaminated surfaces or objects and then touches their own mouth or nose or eats before washing their hands.

Symptoms usually occur about 10 to 12 days after infection. Measles is very contagious. Estimates suggest that a person with measles will infect about nine in every 10 people they have contact with who have not been immunised or previously infected with measles.

### **Immunisation against measles**

Immunisation is the best protection against measles. A person who receives the recommended two doses of a measles vaccine has 99 per cent immunity against measles infection. If you have been infected with measles, you will usually have lifelong immunity.

Protection against measles is available under the National Immunisation Program Schedule. In Victoria, immunisation against measles is free of charge for:

- Children at 12 months – the first dose of measles vaccine is given as the MMR combination vaccine.
- Children at 18 months of age – the second dose of measles vaccine is given as the MMRV combination vaccine.
- Children at four years of age – the second dose of measles vaccine can also be given as the MMR vaccine, if the child was not given the second dose (in MMRV) at 18 months of age.
- Children up to and including nine years – catch-up immunisations are available for children not been fully immunised.
- Women planning pregnancy or after the birth of their child – two doses of MMR are available for women who have low immunity or no immunity to rubella.

The MMRV vaccine is not recommended for people aged 14 years and over.

***Speak to your doctor, if you need more information.***

## DIARY DATES

29 <sup>th</sup> April	Cross Country – Edwardes Lake 9:30am – 12.30pm	20 <sup>th</sup> May	School Photos 9:00am – 3:00pm
30 <sup>th</sup> April	Ride2School Day 	21 <sup>st</sup> May	Firemen visit the Preps
1 <sup>st</sup> May	Scholastic Book Club Orders Due	8 <sup>th</sup> June	Public Holiday (Queens Birthday)
	Interschool Sport Vs Kingsbury (Away) 12:30pm – 3:00pm	11 <sup>th</sup> June	Crazy Hair Day
	Groups 4/5/6/7/8 Wildlife Exposure Incursion	15 <sup>th</sup> June	School Council Meeting 7:00pm
4 <sup>th</sup> May	School Council Meeting – 7:00pm Annual General Meeting	16 <sup>th</sup> June	Interviews for June reporting 4.00pm – 6.00pm
7 <sup>th</sup> May	Travelling Kitchen (years 3 / 4)	17 <sup>th</sup> June	Interviews for June reporting 2.00pm - 7.00pm
14 <sup>th</sup> May	Firemen visit the Preps	26 <sup>th</sup> June	Last Day of Term 2 ASSEMBLY 1.10pm DISMISSAL 2.00pm
18 <sup>th</sup> May	<b>PUPIL FREE DAY</b> Education Week		

**'Birthday Greetings'** to the following students who are celebrating a birthday in the next two weeks:

**Nijen, Keith, Amy, Annelise, Madeleine, Seechu, Adem R., Amber, Olivia and Josh I.**



## Student Awards

Congratulations to the following students who were presented with **Student of the Week** awards at Assembly on the 17<sup>th</sup> April 2015.

*Joshika, Lucky, Ziyad, Neisha, Vinnie, Erin, Danah, Hala A., Brandon, Makelita, Thomas, Joshua I., Maria H., Mohamed A., Ahmed U., Muizz, Mahdi, Jaycob W., Noah H., Chantel N., Seechu, Marley, Giovanna, Tye, Parth, Zachary C., Taleah, Ahmed I. and Beau.*

**"The You Can Do It"** award was presented to **Group 7**

**For demonstrating excellent organisational skills with our morning procedure. Well done.**

Congratulations to the following students who were presented with **Student of the Week** awards at Assembly on the 24<sup>th</sup> April 2015.

*Muhammad B., Sachit, Pundri, Mohmad R., Jayden B., Rory, Rital, Jake, Abdulmalek, Nawaf, Zach D., Maria P., Aaron O.Y., Ghadeer, Sara H., Summer, Bontu, Ayden, Kholod, Charli V.N., Trinity, Carlotta, Tannaya, Asil, Charli H., Balkaran, Madeleine, Jasmeet, Tien, Alice V. and Keith.*

**"The You Can Do It"** award was presented to **Group 6**

**For working cooperatively to ensure our morning routine runs smoothly.**

\*\*Encouragement Awards will now be presented in class on Mondays by the class teacher. Student of the Week and Music/Specialist Awards will be presented at Assembly on Fridays.

## INTERSCHOOL SPORTS REPORTS

This Friday in Interschool sport we will be playing against Kingsbury Primary School. Netball and Tee-Ball will be played at Kingsbury Primary School and Football and Soccer will be played at Donath Reserve.

When we play an "away" game, all teams travel, and all students need to bring \$5.00 for the bus. When we play a "home" game, netball and Tee-ball play at school. Soccer teams travel to Donath Reserve each week, but no payment is required for "home" games.

1 <sup>st</sup> May	Reservoir v Kingsbury	Away
8 <sup>th</sup> May	Reservoir v William Ruthven	Home
15 <sup>th</sup> May	Bye	
22 <sup>nd</sup> May	Reservoir v Thomastown	Away
29 <sup>th</sup> May	Reservoir v St. Joseph The Worker	Home
5 <sup>th</sup> June	Reservoir v Our Lady of the Way	Home
12 <sup>th</sup> June	Reservoir v Reservoir Views	Home

### Last Week's Results:

**Football:** Wow, I can't believe our football season has finally started! When we arrived we were extremely nervous when we saw the other team! When the first quarter started all of our players were surprised we kicked 3 goals and the other team scored nothing. However at the end of the second quarter we were down by 7 points. In the third quarter we kicked a few goals but unfortunately at the end of the third quarter we were down by 20 points. We challenged them a lot towards the end of the match. The scores were 37 to 45. We lost by 8 points. Even though we lost we had a great time.

**Soccer:** Wow! Beautiful weather; pitch amazing. It was time to start with Sweeney opening the scoring with a goal. Then another goal was added by Samuel. Four goals were blasted in by Josh; one from the corner. Sweeney and Farouk added to our already really good score. The end results were 9-0. We won. Our goal scorers were: Sweeney 2, Josh 4, Samuel 1, Pavlos 1 and Farouk 1.

**Teeball:** What a fantastic day to play teeball. We were playing against Reservoir East. The sun was shining and we were ready. We won the toss and decided to field. They had some really good hitters, but sadly we were not really warmed up and it was not our best fielding. When we got warmed up we were on fire, getting home runs and getting outs. The scores were Reservoir East 29 and Reservoir 23. We lost but we had fun and learnt lots.

## Performing Arts

The 'Angklung' instrument was introduced to our many senior students. They were able to play the instrument and share its music and the making of it.

*Angklung* with eight pitches

The **angklung** is a [musical instrument](#) made of two to four [bamboo](#) tubes attached to a bamboo frame. The tubes are carved to have a resonant pitch when struck and are tuned to [octaves](#). The base of the frame is held in one hand, whilst the other hand strikes the instrument. This causes a repeating note to sound. Each of three or more performers in an angklung ensemble play just one note or more, but altogether complete melodies are produced.



The angklung is popular throughout [Southeast Asia](#) but it originated in what is now [West Java](#) and [Banten](#) provinces in [Indonesia](#) and has been played by the [Sundanese](#) for many centuries. Angklung and its music has become the cultural identity of Sundanese communities in West Java and Banten.

On November 18, 2010, [UNESCO](#) officially recognized Indonesian angklung as a [Masterpiece of Oral and Intangible Heritage of Humanity](#) and encourage Indonesian people and government to safeguard, transmit, promote performances and to encourage the craftsmanship of angklung making. You can also watch and listen to some angklung music by logging onto Youtube:

'Titanic' with angklung instrument

'We are the champions' Bandung Java

'Umbrella' by Rihanna/ Angklung/ Bamboo version

We would like to thank Sweeney and his family for kindly allowing us to exhibit and play their musical instrument.



**Thanking you**  
**Maria Phokos**

## Ride2School Program

Date: Thursday 30<sup>th</sup> April 2015

### Make our day count in April

Let's continue to develop a healthy active travel culture and gain good results this month. Our Hands Up survey will take place for the month of April this Thursday the 30<sup>th</sup> April 2015. We would like to encourage as many students as we can to walk or ride to school. Riding your skateboard or scooter is also allowed. Don't forget to wear your helmet! This is a great way to keep physically active on your journey to school. Parents you can join forces and kick start a healthy habit by walking or riding to school together. Have fun everybody and make Thursday an active morning, ready for the count.



Thank you  
Maria Phokos and the Young Leaders/Junior school Councillors.

## THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA BOOK OF THE YEAR AWARDS THE 2015 SHORT LIST

### **Book of the Year: Older Readers**

NB: These books are for mature readers

Atkins, Clare **Nona & Me** Black Inc.

Bongers, Christine **Intruder** Random House Australia

Groth, Darren **Are You Seeing Me?** Random House Australia

Keil, Melissa **The Incredible Adventures of Cinnamon Girl** Hardie Grant Egmont

Sweeney, Diana **The Minnow** Text Publishing

Zorn, Claire **The Protected** University of Queensland Press

### **Book of the Year: Younger Readers**

Bancks, Tristan **Two Wolves** Random House Australia

Condon, Bill ill. Norling, Beth **The Simple Things** Allen & Unwin

Gleeson, Libby ill. Blackwood, Freya **The Cleo Stories The Necklace and the Present** Allen & Unwin

Herrick, Steven **Bleakboy and Hunter Stand out in the Rain** University of Queensland Press

Janu, Tamsin **Figgy in the World** Omnibus Books, Scholastic Australia

Rossell, Judith **Withering-by-Sea: a Stella Montgomery Intrigue** ABC Books Harper Collins Publishers

### **Book of the Year: Early Childhood**

Blabey, Aaron **Pig the Pug** Scholastic Press, Scholastic Australia

Gibbes, Lesley ill. King, Stephen Michael **Scary Night** Working Title Press

Gleeson, Libby ill. Blackwood, Freya **Go to Sleep, Jessie!** Little Hare, Hardie Grant Egmont

Hughes, Jenny ill. Bentley, Jonathan **A House of Her Own** Hardie Grant Egmont  
King, Stephen Michael **Snail and Turtle are Friends** Scholastic Press, Scholastic Australia  
Lester, Alison **Noni the Pony goes to the Beach** Allen & Unwin

### Picture Book of the Year

Some of these books may be for mature readers

Balla, Trace **Rivertime** Allen & Unwin  
Blackwood, Freya Text Kobald, Irena **My Two Blankets** Little Hare, Hardie Grant Egmont  
Camilleri, Michael Text Metzenthien, David **One Minute's Silence** Allen & Unwin  
King, Stephen Michael Text Millard, Glenda **The Duck and the Darklings** Allen & Unwin  
Voutila, Ritva Text Wild, Margaret **The Stone Lion** Little Hare, Hardie Grant Egmont  
Whatley, Bruce Text French, Jackie **Fire** Scholastic Press, Scholastic Australia

### Eve Pownall Award for Information Books

NB: These books are intended for an audience birth to 18 years.

Barnard, Simon **A-Z of Convicts in Van Diemen's Land** Text Publishing  
Divaroren, Demet & Pajalic, Amra (editors) **Coming of Age: Growing up Muslim in Australia** Allen & Unwin  
Freeman, Pamela **Mary's Australia: How Mary Mackillop Changed Australia** Black Dog Books  
Walker Books Australia  
Jolly, Jane ill. Ingpen, Robert **Tea and Sugar Christmas** National Library of Australia  
Saxby, Claire ill. Byrne, Graham **Emu** Walker Books Australia  
Walker, Carlie Ill. Hatherly, Brett **Audacity: Stories of Heroic Australians in Wartime** Department of Veterans' Affairs

### Crichton Award for New Illustrators

Balla, Trace **Rivertime** Allen & Unwin 9781743316337  
Briggs, Karen Text Seden, Paul **Kick with my Left Foot** Allen & Unwin  
Camilleri, Michael Text Metzenthien, David **One Minute's Silence** Allen & Unwin  
Cowcher, Robin Text Fenton, Corinne **Little Dog and the Christmas Wish** Walker Books Australia  
Green, Snip Text Dumbleton, Mike **Meet Douglas Mawson** Random House Australia  
Tobin, Leanne Text Kwaymullina, Ambelin **The Lost Girl** Walker Books Australia

**The Awards will be announced and presented in Melbourne on August 21<sup>st</sup> 2015**

**CHILDREN'S BOOK WEEK: August 22<sup>nd</sup> -28<sup>th</sup> 2015**

**THEME: Books light up our world**

## JOURNEY EARLY LEARNING CENTRE

Every great journey starts with a small step

Inspiring Lifelong Learning

Come and discover your local early learning centre and make a positive step towards your child's future.

Weekdays 6:30am – 6:30pm

763 Gilbert Road, Reservoir.

(03) 9478 9222

[www.journeyearlylearning.com.au](http://www.journeyearlylearning.com.au)

[reservoir@journeyearlylearning.com.au](mailto:reservoir@journeyearlylearning.com.au)

